

Abstract

This invention relates to a process for preparing nutritious cooked rice in aseptic package by mixing ginseng, jujube, chestnut and black rice, which has excellent taste and smell and capability of long-term preservation at room
5 temperature.

More particularly, the invention relates to a process for preparing nutritious cooked rice in aseptic package prepared by a process comprising treating ginseng, jujube and chestnut with mixed solution of aqueous solution of calcium and aqueous solution of 0.1~0.3% organic acid, mixing with nonglutinous
10 rice, glutinous rice and black rice at a fixed rate, filling a fixed amount of the mixture automatically in a heat-resisting plastic container, sterilizing the mixture 4~10 times repeatedly for 4~8 seconds at high temperature of 130~150°C and high pressure hermetically, cooking the sterilized mixture in a measured amount of liquid for cooking, sealing and packaging the resultant in aseptic, so that
15 nutritious cooked rice which is free from microorganism and capable of long-term preservation (more than 6 months) can be obtained.

And the invention relates to process for preparing nutritious cooked rice in aseptic package prepared by a process including blenching and soaking ginseng, jujube and chestnut in mixed solution of aqueous solution of calcium and aqueous
20 solution of 0.1~0.3% organic acid for 20 ~60 minutes and adjusting the pH of the product to below 5.0 to improve preservation of the product.